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Seven-day Meditation Retreat
Kallara Conference Centre, Australia – March 2019
Transcription from Audio Recordings

File 4a – Tuesday morning guided meditation

It's Tuesday already – we're almost halfway through. So today, really get into it, put in everything you can. And if you're not feeling well, just being here is enough, just being here. Don't push yourself, of course. But when you are not feeling well, when you're a bit sick, it really forces you to be in your body. You just give in to your body, you have to, you can't struggle against it.

Use every moment – when you're sitting, when you're not sitting – to really be in your body. Eventually it's such a joy to just be in your body. Just be here. It doesn't mean there's not going to be pain sometimes. And there's going to be pleasure sometimes. But when you're not thinking about being somewhere else, doing something else, feeling different, you can just sit and hear so much more than you do when you're lost in thinking, and feel so much more, feel completely alive. You appreciate the gentle breeze, the sound of the birds, the sound of the chopping. You appreciate just being here in your body.

So take a few deep breaths into your body – breathe into it. Don't be scared to be in your body. Don't be scared of who you might be without your thoughts. You won't suddenly change into a different person. You'll just be free of this persona that you've created to be able to deal with the world, to keep yourself separate. One of our deepest fears is intimacy, real intimacy – showing someone everything about ourselves, not defending ourselves, being honest.

So sit and watch, and just be here. That is enough. This, now, is enough.